



WSB October Calendar

Walking Club - 12-12:30
October 3, 5, 10, 12, 17, 19,
24, 26, 31

Lunch-n-Knit - 12-1:00
Room 207
October 12 & 26

Book Club - 12-1
Room 207 - contact Susan
@ 5-9885
October 11

Radon Awareness Week
October 21-27

Is it difficult to find the time to take a walk or take a scenic ride during the week? Is it easier planning exercise, fun, and family time plan on weekends? Whichever day works for you, there are plenty of opportunities for fun at "Go Get Outdoors" October events *everywhere* in Michigan. Check it out at http://michigan.gov/dnr/0,1607,7-153-10366_11859-162439--,00.html. Activities are happening all month at your nearby state park—not only are fall festivals happening everywhere, but each park has miles of walking and biking trails, picnic areas and playgrounds. Some parks, like the Brighton Recreation Area State Park, have riding stables, and other parks have wildlife viewing areas. I plan to visit Waterloo Recreation Area near Chelsea for the fall migration of sand hill cranes—as many as 3,000 of them can be seen in the wetland areas of Haehnle Sanctuary in the mornings and evenings from late September through November! Be sure and bring a hat! According to the Farmers' Almanac, here's what we can expect weather-wise for the lower peninsula-region: "October will be warmer and drier than normal"—so get out there! ☺

Submitted by Linda Nordeen, Tobacco Section



Massage Clinic Opens October 18th!

The Lansing Community College Massage Clinic opens on October 18. Massage appointment times this term are Thursday evenings between 5:55 pm and 7:15 pm. An hour appointment is \$20.00 for the general public. To schedule an appointment, call 483-1451 between 10:00 am and 12:00 pm on Tuesdays or Thursdays.

October is Breast Cancer Awareness Month



If you're age 40 or older, join the millions of women who get mammograms and breast exams from their health care providers every year.



www.michigancancer.org

October is all about the **orange** – **orange** carrots, **orange** squash and **orange** pumpkins, that is. Your farmer's market should have plenty of this healthy, fresh, Michigan-grown **orange** produce on hand.

Carrots

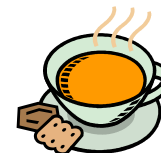
One serving (1 cup) has 30 calories and provides more than the recommended daily allowances of vitamin A. When shopping for carrots, look for the bright **orange** ones. The brighter the **orange**, the more beta-carotene there is. The freshest carrots have greens attached. These tops should be trimmed before storing in a cool, dark and ventilated area to prevent formation of chemical compounds that produce a bitter taste.

Cooked carrots are better for you than raw ones. Cooking unleashes more of their beta-carotene.

Lentils with Carrots

Ingredients

3 cups water	½ teaspoon salt
3 cups finely diced carrot	1 bay leaf
1 cup dried small black, green, or brown lentils	1 tablespoon butter
¼ cup minced fresh onion	



Preparation

Combine the first 6 ingredients in a saucepan; bring to a boil. Reduce heat, and simmer for 25 minutes. Drain. Stir in butter. Discard bay leaf. Makes 6 servings (serving size: 1/2 cup).

Nutritional Information

CALORIES 150(14% from fat); FAT 2.3g (sat 1.3g,mono 0.6g,poly 0.3g); PROTEIN 9.5g; CHOLESTEROL 5mg; CALCIUM 33mg; SODIUM 140mg; FIBER 5.5g; IRON 3.2mg; CARBOHYDRATE 24.3g

Submitted by Viki Lorraine, Cancer Prevention Section